

TDMHDD'S MISSION

The Tennessee Department of Mental Health and Developmental Disabilities (TDMHDD) is the state's authority on issues, law and licensure and is responsible for

- system planning
- setting policy and quality standards
- system monitoring and evaluation
- the dissemination of public information
- advocacy for persons of all ages who have mental illness, serious emotional disturbances and developmental disabilities.

The department's goal is a comprehensive array of quality prevention, early intervention, treatment, habilitation and rehabilitation services and supports, which are equitably and efficiently allocated statewide, allowing people to live in their own communities within settings based on the needs and choices of individuals and families served.



HELP IS JUST
A PHONE CALL OR
MOUSE CLICK AWAY...

Crisis Information 1-800-809-9957 24 hours; daily

TDMHDD Office of Consumer Affairs 1-800-560-5767

Assists consumers in addressing issues and finding appropriate services, 8:00 a.m. - 4:30 p.m. during normal business hours.

TDMHDD Office Of Communications (615) 253-4812

Assists, consumers, community leaders and the media with information about the department's programs and issues relating to mental health education. Visit the department online for an overview of programs at: www.tennessee.gov/mental. Free copies of this brochure are available upon request in quantities of 1-500 per request. An online PDF of this brochure can be downloaded and printed for free distribution.

Additional Assistance

**A COMPLETE LIST OF SERVICE PROVIDERS
& RESOURCES CAN BE FOUND AT
www.TennHelp.com**

NAMI OF TENNESSEE

www.namitn.org

615-259-7591 or 1-800-771-5491

TAMHO

www.tamho.org

1-800-568-2642

TENN. MENTAL HEALTH CONSUMERS ASSOC.

www.tmhca-tn.org

1-888-539-0393

TENNESSEE VOICES FOR CHILDREN

www.tnvoices.org

**In crisis? Call the National Suicide Lifeline!
1-800-273-TALK (8255)**

**TDMHDD Alcohol & Drug Help!
Tennessee REDLINE 1-800-889-9789**



A Message from the
**Tennessee Department
of Mental Health
and Developmental Disabilities**





OVERCOME *Stigma* BY BEING INFORMED

- ✓ One in four people will experience a mental disorder this year.
- ✓ About 20 % of children are estimated to have mental disorders with at least mild functional impairment.
- ✓ Mental disorders frequently coexist with other medical disorders.
- ✓ If a mental disorder is left untreated it can have a negative effect on productivity, relationships, care of children and one's physical health.
- ✓ Without treatment, mental disorders are disabling in terms of premature death and lost productivity.

OVERCOME *Stigma* BY KNOWING MENTAL HEALTH IS...

- ✓ fundamental and essential to overall health and indispensable to personal well-being;
- ✓ the successful performance of mental function, resulting in productive activities, fulfilling relationships and the ability to adapt to change and cope successfully with adversity;
- ✓ the springboard of thinking and communications skills, learning, emotional growth, resilience and self-esteem;
- ✓ essential to physical health because mind and body are inseparable.

OVERCOME *Stigma* BY BREAKING DOWN BARRIERS

- Stigma persists undiminished since 1950, in spite of improvements in public knowledge. The impact is great on public institutions, private businesses, and on families.
- Mental disorders left unrecognized or untreated can have a negative effect on productivity in schools and at work, on relationships and in the care of one's children and physical health.
- Mental disorders are as disabling as cancer and heart disease, in terms of premature death and lost productivity.
- Suicide, the terminal outcome of mental illness, is the leading cause of violent deaths worldwide, and the third cause of death among adolescents and young adults. In 90 percent of instances, suicide was the result of unrecognized, untreated or poorly treated mental illness.
- Mental and substance abuse disorders are common and serious health problems that can be effectively treated. Untreated mental illnesses cost businesses a great deal in lost productivity.

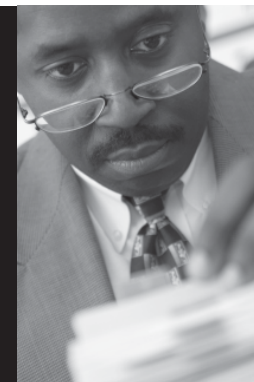
Learn more from the following reports:

Mental Health: A Report of the Surgeon General (1999) www.surgeongeneral.gov/library/mentalhealth/home

President's New Freedom Commission on Mental Health (2003) www.mentalhealthcommission.gov

National Business Group on Health - Employer's Guide to Behavioral Health Services
http://www.wbgh.com/pdfs/fullreport_behavioralhealthservices.pdf

The most common mental illnesses are phobias and panic disorders. Mood disorders are second with depression being the most prevalent. Schizophrenia is third. Yet, only a fraction of those living with a mental disorder will seek treatment.



OVERCOME *Stigma* BY RECOGNIZING...

- Mental illnesses are real, recognizable, and treatable.
- A variety of effective treatments are available.
- Seek help for yourself and others at the first signs of a mental disorder.
- As a business leader, make help acceptable and available to your employees by improving access to services within your community.



Mental illness affects people of all genders,



ages, income levels and ethnicity.



Free Distribution Online Brochure of the Tennessee Department of Mental Health & Developmental Disabilities, Office of Communications, Nashville, TN (615) 253-4812